

Commentary

Surviving time management

Action Line



Col. Phil Breedlove
56th FW commander

The 56th Fighter Wing Commander's Action Line is your direct line to me. I get personally involved in every reply. Your ideas and concerns help build a stronger foundation on which we can successfully complete our mission and take care of our people.

Before you call the Action Line, please

give Luke's professionals a chance to answer your question in concert with your unit chain of command. If the appropriate expert is unable to provide a satisfactory response, call me at (623) 856-7011 or send an e-mail to command.actionline@luke.af.mil. Please include your name and telephone number so I can provide a personal reply to your concern.

E-mail, command.actionline@luke.af.mil or call, (623) 856-7011.

For family matters, visit www.luke.af.mil/lukefam or call, (623) 856-4243

Who to call:

Fraud, waste and abuse hotline	856-6149
Civil Engineer customer service	856-7231
Patient advocate	856-9100
Legal assistance	856-6901
Law enforcement desk	856-5970
Housing office	856-7643
Military pay	856-7028
MPF customer service	856-7874
Family advocacy	856-3417

Internet use

Comment: I've been asked by my airmen about the instruction or other driving factor that prevents full use of the Internet from government computers. This question has been asked by personnel arriving from different bases in multiple commands that allow full use of the Internet. The only sites that were prohibited were of the sexual and racist type. The only other restriction was that you had to be off duty, on lunch or on break from official duties. What governs the use of the Internet?

Response: Government-provided hardware and software are for conducting official and authorized government business, including accessing the Internet. The governing directive is Air Force Instruction 33-129, Transmission of Information Via the Internet. The restrictions do not prohibit commanders from authorizing personnel to use government resources to further their professional and military knowledge if they determine it is in the best interest of the government and authorization is documented. At Luke, we've implemented "SmartFilter" to keep people from visiting banned sites and keep them focused on using government computers for official business only. The 56th Communications Squadron commander was directed to block sites blatantly contrary to AFI 33-129 immediately and implement practical web blocking based on excessive abuse and consumption. If you receive the red "block page" notice and the site is for official business, click on the "URL Request Form" link at the bottom of the block page, fill out the "Access to Blocked Sites Request" form and press the submit button. Reasonable requests to unblock pages are largely approved.

By Master Sgt. Morya Stevens

56th Mission Support Group Administration superintendent

How many times have you said to yourself, "I have so many things to do and not enough time to do them?" I'm finding myself living this statement more often than I desire. To put it simply, there exists a problem with time management.

Time management for some people can be a survival exercise and I can attest to that. They find themselves always trying to survive the most pressing deadlines. This characteristic can be associated with people who have trouble getting work done and they frequently blame it on poor time management skills. That may be the case, but their problem is probably complicated by an inability to allocate time properly.

Kristine C. Brewer, time management specialist stated that, "Time allocation and time management are two issues that are easily confused. Time management involves using a predetermined group of guidelines to structure the time you spend on various activities. The goal with time management is efficiency. While time allocation involves making decisions, it is a lot tougher because it requires you to establish priorities, which will be the basis for deciding what tasks you will do and in what order they will get done." Wow, what an eye opening revelation, but decision making and establishing priorities sounds a little intimidating. Don't worry, Ms. Brewer recommends four simple steps to help us get it done.

Anti-DUI program starts with maturity, good judgment

By Capt. Bill Foster

319th Air Refueling Wing Manpower Office

GRAND FORKS AIR FORCE BASE, N.D. (AFPN) — Airmen Against Drunk Driving is a program that gives you choices to help prevent driving under-the-influence incidents. But even with valuable programs like AADD, the success of any anti-DUI campaign starts with people making mature decisions.

When I arrived at Grand Forks, we were rebounding from a horrible year in 2000 when the wing endured 19 drunk driving violations. We brought the number down to 13 in 2001 with an aggressive publicity campaign and simply by looking out for each other.

But last year started the negative downward spiral. The base reached 13 DUIs by April and finished with an abysmal 26 DUIs. Twenty six! That is 26 lives and careers damaged by a lack of judgment.

To top it all off, we are starting 2003 off with a bang — the wrong kind of bang. Less than two weeks into the new year, we already had two DUIs.

Everyone can make excuses for the rash of DUIs: stress, deployments, operations tempo, personnel tempo. While those are all "reasonable" excuses to let off a little steam in a local bar or party, they don't excuse a DUI charge.

What it boils down to is maturity. Every DUI conviction comes down to one bad decision: the decision to get into a vehicle and try to drive while intoxicated. People put themselves, their passengers and other drivers at risk of injury and death for their selfish, foolish decision.

Why selfish? They weren't thinking of the impact of a DUI on everyone around them. They weren't thinking of the sober drivers they were putting at risk. They weren't thinking of who would have to bail them out of jail. They weren't thinking of their co-workers who would have to work around their schedules because they no longer had base driving privileges for the next

Create Your Framework: In order to work effectively and efficiently, it is vital to have a clear understanding of your priorities. When you establish your priorities you create a framework for getting things done. The key here is that your framework allows you to organize existing tasks and responsibilities better, but more importantly, it is a tool that will help you make decisions more easily and more efficiently.

Get Organized: Develop or purchase a time management organizational system that works for you. Portability is the key here. Be able to conveniently carry your organizational system with you so you can use it to manage your personal and professional time. Word to the wise, in 2003, put that Day Runner you've purchased to good use.

Understand Your Style: We all have a different approach to working. Ms. Brewer says, "It's important to understand your style: how you work the best and identify barriers that prevent you from enjoying the level of productivity and fulfillment you desire." Those unexpected office visits and short notice tasks must fall into this category. Finally, number four.

Stay Flexible: Our priorities, responsibilities and attitudes change. Remain flexible and always re-assess your priorities periodically that comprise your framework. My goal for 2003 is to challenge myself to remain focused and when I find myself attempting to survive time management, refer back to the four simple steps provided by Ms. Brewer to help me get it done. Care to join me?

year and no North Dakota privileges for 90 days (assuming first offense). They weren't thinking about their commanders or first sergeants who now had to bring action against them and appear before the wing commander to discuss the situation.

There is a four-step process to put an end to all of this:

1. If you drink, don't drive! If you watch what you drink, then you won't have a problem getting home.

2. Designate a driver. This is the easiest system if you plan on drinking. Most folks go to the bars or parties in groups. Pick someone ahead of time, and make sure they don't drink. They won't do you much good if they don't stay sober. Watch out for one another. Take someone home who shouldn't be driving.

3. If you fail steps 1 and 2, call your first sergeant, supervisor, or commander. They would much rather come get you than have to take punitive action against you. You can also call friends. They would also rather come get you then have to give you rides for a year. Remember, you lose your base driving privileges for a year.

4. As a last resort, call AADD or a base organization that can help you. As an active member, I don't mind making the runs to pick folks up. Organizations like AADD are not a taxi service, so don't use it like a taxi service. Those types of organizations are trying to reduce DUIs on bases, but they are not the first call you should make — see step 3. Don't go out for the night expecting to use organizations like AADD. That shows your lack of maturity and lack of respect for the time, sleep and gas money of our volunteers. We respect your confidentiality, you must respect the volunteers.

The bottom line is to think before you drink, and never drink and drive. There are too many folks who are willing to help, and we should all be looking out for every team member. *(Courtesy of Air Mobility Command News Service)*

Sortie Scoreboard

January goals as of Jan. 21

Squadron	Goal	Flown	Delta
61st FS	404	397	-7
62nd FS	374	393	19
63rd FS	427	448	21
308th FS	398	382	-16
309th FS	374	380	6
310th FS	370	382	12
21st FS	214	206	-8
425th FS	186	201	15

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Master Sgt. Michael Burns

Got water...

Staff Sgt. Jacob Lausen, 56th Civil Engineer Squadron Fire Protection Flight crew chief, helps Tech. Sgt. Leland Lopez, 56th Fighter Wing facility manager, out of a portable decontamination tent during Wednesday's Major Accident Response Exercise.

Gilbert proposes AF school

By Staff Sgt. Corey Drury
56th Fighter Wing Public Affairs

The Air Force, in coordination with the Gilbert School District Governing Board, approved a concept of an Air Force Academy of Science and Technology scheduled to open in August.

Upon final approval from the Air Force, the tuition-free academy is scheduled to open Aug. 14 at Greenfield and Elliot, in Gilbert for students in grades nine and 10.

The academy will accept a maximum of 300 students valleywide through an application process currently under development.

According to Dianne Bowers, director of public relations and community education for Gilbert Public Schools, the academy will be a first.

"This program will draw students throughout the valley and will allow students to get a new way of instruction geared at preparing personal leadership skills and career development," Ms. Bowers said.

Dr. Brad Barrett, superintendent of Gilbert Public Schools, presented the innovative proposal to the district's governing board.

Representing the Air Force in the presentation were Dr. Michael Doyle, deputy director of Air Force JROTC at Maxwell Air Force Base, Ala., and Lt. Col. Ed Fox, department chair, Air Force JROTC, Highland High School. The proposal now goes to the Air Force for approval from the Secretary of the Air Force, Dr. James G. Roche.

According to school district officials, the Air Force Academy of Science and Technology will feature a rigorous curriculum focused on preparing students for careers in science and technology.

"Students will prepare for personal and professional success in their careers of choice through leadership training in JROTC while at the academy, with no further military obligation after graduation,"

Ms. Harris said. "Students will learn in a safe, small, high tech and structured environment."

For more information about the academy, go to the schools district's Web site at www.gilbert.k12.az.us.

"This program will draw students throughout the valley and will allow students to get a new way of instruction geared at preparing personal leadership skills and career development."

Dianne Bowers
Director of public relations and community education for Gilbert Public Schools

Thunderbolt of the Week

Name: Airman 1st Class Lori Smotherman, 62nd Fighter Squadron Aircraft Maintenance Unit

Duty title: Supply journeyman

Hometown: Waycross, Ga.

Time in service: Two years and seven months

Family: My husband, parents and my brother

Goals: To obtain a bachelor of science degree in Recreation and Tourism Management from Arizona State University

Greatest feat: Climbing Snowdon Mountain in Wales

Famous last words: "Hopefully I will be able to say that I have made the absolute most of every moment in life."

Hobbies, off duty intrests: Hiking, camping, fishing, reading and spending time with my family

Self Description: Hard-working, dedicated, self-sufficient and always maintaining a positive attitude

Commander's comments: "Airman Smotherman is clearly a rising star in the 62nd FS AMU," said Lt. Col. Marcel Schmidt, 62nd FS commander. "Her positive 'can do' attitude is a key factor in the success of the 56th Fighter Wing's total mission and I'm proud to have her on my team."



Smotherman

News Briefs

Load crew competition

The 56th Fighter Wing will conduct the annual loading competition Friday from 8 a.m. to 2 p.m. in Bldg. 485, weapons standardization facility. The 63rd Aircraft Maintenance Unit will load at 8 a.m. The 21st AMU will load at 10:30 a.m. and the 61st AMU will load at 1 p.m. The competition puts the winning load crews from the 2002 quarterly competitions in an evaluation that is scored by weapons standardization personnel. For more information, call Tech. Sgt. James Dasse at (623) 856-6795.

Munitions closure

The 56th Equipment Maintenance Squadron Munitions Operations Flight will be closed Mar. 3 through 7 for inventory. Only emergency issues will be handled during this time. The last day to turn in assets will be Feb. 20. The last day to receive will be the Feb. 28. For more information, call Tech. Sgt. Raymond Edmonds or Senior Airman Jason Pirdy at (623) 856-4303 or (623) 856-4572.

OSC casino night

The Officer's Spouses Club is hosting a Monte Carlo Casino Night fund-raiser at the Officers' Club main ballroom Feb. 21 at 6 p.m. The OSC still is in need of sponsors for tables, donations for luxury auctions, special invitations and fun activities. For more information, call Lisa Kennelly at (623) 772-1652.

Valentine submissions

Anyone wanting to submit Valentine messages for the Feb. 14 issue of the Thunderbolt, must do so by Feb. 10. Submissions must be under 35 words and in good taste. Send submissions by email to luke.thunderbolt@luke.af.mil or by fax to (623) 856-6013. Call (623) 856-6055 for more information.

Trash and recycling

Trash and recycling pickup and disposal at Luke are contracted services. These contract services are monitored by customer complaint and periodic surveillance by the 56th Civil Engineer Squadron service contracts section. Customers in housing are asked to help insure compliance by adhering to standards such as refuse/recycle containers not overfilled, bulk pickup items like yard debris being bagged, tree cuttings bundled in four foot lengths and items such as tires and batteries not set out for collection. Customers who do not receive scheduled service or would like additional information, call Rodney Bartling at (623) 856-4434.

Prayer luncheon

Chaplain (Brig. Gen.) Charles Baldwin, deputy chief, Air Force Chaplain Service, will be the speaker for the Prayer Luncheon at the Desert Star Enlisted Club Feb. 13 at 11:15 a.m. Tickets are \$6 and can be purchased through the chapel or by contacting unit first sergeants.

New finance hours

The 56th Comptroller Squadron finance office has new hours for Thursdays. The new hours are 8 a.m. to 4 p.m. For more information, call 1st Lt. Robert Heim at (623) 856-4767.

Luke Tax Center

The Luke Tax Center, located on the first floor in Bldg. 1150, is now open for the filing of taxes. Services will be available Monday, Tuesday and Thursday from 8 a.m. to 3 p.m. and Wednesdays from 8 a.m. to 7 p.m. For more information, call (623) 856-3140.

Newspapers

If your unit is getting too many or not enough Thunderbolt newspapers, call the Thunderbolt staff at (623) 856-6055.

Rio Salado

More than 300 distance learning classes are available through Rio Salado College. For more information, call (623) 856-3239 or visit the college office on the 3rd floor of Bldg. 1150, room 3138.

Motorcyclists urged to become instructors, pass on knowledge

By Airman 1st Class Kara Philp
56th Fighter Wing Public Affairs

The 56th Fighter Wing Motorcycle Safety Program officials are putting out a call for motorcycle riding course instructors.

Luke offers Motorcycle Safety Foundation Beginner and Expert Rider Courses once a month and the instructor preparation course qualifies instructors for these courses.

"In order for us to offer these courses for other riders, we need to maintain a number of qualified instructors," said Master Sgt. Hector Eide, 56th Fighter

Wing Inspector General's Office superintendent and Motorcycle Safety Program lead motorcycle instructor at Luke.

Eleven instructors are currently certified at Luke.

"Retirements and PCS's are coming for some of our instructors," Sergeant Eide said. "We are looking to fill six slots or more."

The Instructor Preparation Course is a requirement for becoming a riding course instructor. As part of the course, instructor candidates are required to pass a riding skills test.

"I really enjoy passing on the information I've learned – giving people the extra edge," said Staff Sgt. Erik Gagnon,

56th Equipment Maintenance Squadron Aerospace Ground Equipment craftsman and Motorcycle Safety Program instructor, who has been instructing courses since April.

Anyone interested in becoming an instructor must be a licensed motorcyclist with a good driving record, ride on a frequent and routine basis and have several years of varied riding experience.

The course is approximately 65 hours long and includes seven to 10 days of training.

Instructors generally teach one course per quarter with the exception of shadowing new instructors.

"This is a fantastic opportunity for riders on base to sharpen their own skills and techniques," Sergeant Gagnon said. "It's very fulfilling to see people improve their skills within a couple days."

Instructors will learn to manage range exercises, teach in the classroom and evaluate and coach students as riding skills are developed.

Upon completion of the Instructor Preparation Course, instructor candidates will student-teach a group of new

riders and be evaluated.

"As an instructor, you'll be called upon to give your time to help teach," Sergeant Eide said. "A sincere desire to help reduce motorcycle accidents, injuries and death is the prime motivator of riders course instructors."

For those enrolling in any MSF course, a DOT approved helmet with eye protection; over-the-ankle, sturdy leather footwear; long pants; long sleeved shirt or jacket; and full-fingered gloves are required.

It is highly recommended that the Beginner Rider Course be completed prior to the Instructor Preparation Course.

The Beginner Rider Course begins the second Wednesday of each month and the Expert Riders Course begins the first Thursday of each month.

Both courses are free and motorcyclists are encouraged to attend some form of reoccurring training, Sergeant Eide said. Members attending courses are also considered TDY and the course is the assigned place of duty.

For more information, call Sergeant Eide at (623) 856-6140.

56th MDG implements direct access 'care' line

By Master Sgt. Alan Lewis
56th Fighter Wing Public Affairs

The 56th Medical Group has a new central phone number to handle most hospital issues.

The direct multi-purpose phone number is (623) 856-CARE (2273) and, according to hospital officials, it is the only number people need for access anywhere in the hospital.

This new phone number is the only number for direct access to the hospital. All calls to previous hospital phone numbers will be routed to the new phone number.

"Simply call our new direct phone number to reach and conduct business anywhere in the hospital," said 1st Lt. Calvin Webb, 56th Medical Group practice manager. "This convenience is one of several initiatives the hospital is implementing to better serve the Luke community."

According to Lieutenant Webb, this one number will enable anyone to make or cancel an appointment in any clinic, get a prescription refill, speak to a Primary Care Manager, get lab results, contact all hospital clinics, including off-site clinics such as OB/GYN and mental health, as well as ancillary services such as pharmacy, laboratory and immunizations.

"The most immediate change patrons will notice is the telephone system will ask them to enter their social security number using their telephone touch pad," said Lieutenant Webb. "This will simplify telephonic access to the hospital using automated phone trees, which will quickly guide them to a live representative or provide an opportunity to leave a call back telephone number. Patrons will have their call returned promptly by one of the hospital's customer service representatives."

Some requests will be done through automation, such as appointment cancellations and prescription refills.

"The expected wait time is minimal," said Lieutenant Webb. "In the event of a longer wait for a customer service representative, the new system will notify callers of how many people are waiting before them as well as play messages related to health and fitness."

For more information, call Lieutenant Webb at (623) 856-9379.

Raise the hatch ...



Senior Airman Julie Simmons
Capt. Dave O'Malley, 310th Fighter Squadron instructor pilot, shows Corey Cox, Arizona Department of Commerce, an F-16 cockpit as part of a Mayor's Tour conducted Monday. More than 40 mayors and city council members were in attendance for a tour and briefings on Luke's mission and urban development issues.

Luke woman represents military families in national organization

By Staff Sgt. Corey Drury
56th Fighter Wing Public Affairs

The National Military Family Association has a new representative at Luke to help serve all uniformed military services.

Wendy Wilmore, NMFA representative, is part of the only private national organization dedicated to identifying and resolving issues of concern to military families. The association's mission is to serve the families of the seven uniformed services through education, information and advocacy.

All NMFA activities revolve around programs to educate the military community, the U.S. Congress, and the pub-

lic on the rights of military families and their benefits, and to advocate an equitable quality of life for those families.

Members of NMFA's government relations' department study issues, gather information, work with congressional staffs and testify before congressional committees. They also represent NMFA on subcommittees of the Defense Department Office of Family Policy and on councils of the DOD dependent schools.

Representatives throughout the nation and world are the 'eyes and ears' of NMFA and bring shared concerns from their community to national attention. Representatives in military communities worldwide provide a direct link between military families and NMFA staff in the

nation's capital.

NMFA is an independent, nonprofit organization staffed principally by volunteers and financed by tax-deductible dues and donations. The association is a Combined Federal Campaign agency and is listed by the United Way of The National Capital Area.

The NMFA Board of Governors, elected by the membership, approves issues to be researched by trained staff members motivated by their concern for the well being of military families.

These researchers prepare fact sheets used to outline issues and to educate and recommend action to NMFA members and to policy makers in Congress, the DOD and other government agencies.

The biggest way NMFA benefits Luke is the service it provides to the military families like going to Congress for childcare issues and helping out with other issues related to military families," Ms. Raezer said. "My motto is never forget the families when it comes to the military."

NMFA's monthly newsletter and web site inform members worldwide about issues significant to military families, and NMFA speakers address interested groups by request. NMFA also brings key service family issues to the attention of the news media.

For more information, call Wendy Wilmore at (623) 907-0315 or e-mail at courages@att.com.

Diamondbacks —

Continued from Page 1

Tommy Jones, Arizona Diamondbacks player development director.

Not only is Lieutenant Thiessen the first active-duty member drafted by the Diamondbacks, he is also the first person to be drafted out of the academy.

“I never thought I would have a chance to play professional baseball, especially out of the academy because nobody has ever done it before,” Lieutenant Thiessen said. “I think it is every little boys dream to be a professional athlete.”

According to Lieutenant Thiessen, baseball wasn’t the highlight of his years at the academy.

“It’s kind of ironic. I went to the academy as a football player, knowing that I would be able to play baseball there as well,” he said. “I played both sports all four years and got most of my recognition as the quarterback of the football team.”

Winning a bowl game and playing at Notre Dame were some of Lieutenant Thiessen’s senior year highlights. He also won numerous awards.

“All the while, I was quietly playing well in baseball,” he said. “Now, it is baseball that is taking me places, even though football is still my first love.”

But sports aren’t his only love.

According to Lieutenant Thiessen, his wife LiAnne, an Avondale Middle School math teacher, was his biggest influence.

“Her encouragement and willingness to have an uncertain future for the next couple of years while I go after a childhood dream has been very supportive,” he said.

Lieutenant Thiessen said his commanders at Luke have also been very supportive and said being able to get to know a lot about flying and developing good relationships with a lot of the Luke pilots was beneficial. According to Lt. Col. Thomas

Schmidt, 62nd Fighter Squadron commander, it was a tough decision for Lieutenant Thiessen.

“He had spent four years of his life at the U.S. Air Force Academy getting ready to become a pilot, and now had to turn that down and pursue (another) dream,” Colonel Schmidt. “He got a lot of advice ...the decision was ultimately one that he made on his own.”

According to Colonel Schmidt, Lieutenant Thiessen has not given up – even while facing many roadblocks.

“He has had to give up on one dream (an Air Force pilot) to pursue this dream,” Colonel Schmidt said. “Drive and perseverance have made the dream come closer to a reality. He is an ultimate team player.”

Lieutenant Thiessen stood out on the field as well as the squadron.

“Mike has the physical talent to play major league baseball,” Mr. Jones said. “More importantly, he has the necessary mental skills. He has accomplished a great deal to this point in his life.”

The World-Class Athlete Program allows active-duty members to train and compete in the Olympics.

According to Lieutenant Thiessen, when players are selected for the program, the intent is that players will be training and trying out for the Olympic team, which draws players from minor league ball.

“Because I already had a contract with the Diamondbacks, that made me a prime candidate,” he said. “I also had to obtain a letter from the USA team that labeled me as a person to watch for the next year and consider for selection.”

Lieutenant Thiessen’s goal is to play well enough for the Diamondbacks that he’s a selectee for the 2004 Olympic team.

“He fully expects to be named to the Olympic baseball team and eventually make the major leagues,” Mr. Jones said. “I would not bet against Mike Thiessen.”

Lieutenant Thiessen will remain on active duty and serve his commitment to the Air Force, while this program becomes his full-time Air Force duty.

Salutes

The following individuals are annual award recognition winners.

56th Mission Support Group

Airman: Senior Airman Kevin Rash, 56th Communications Squadron

NCO: Tech. Sgt. Veronica DeJong, 56th CS

Senior NCO: Senior Master Sgt. Douglas Thomas Jr., 56th Logisitcs Readiness Squadron

First sergeant: Master Sgt. James Robertson, 56th Civil Engineer Squadron

Company grade officer: 2nd Lt. Kylene Stelma, 56th Mission Support Squadron

Civilian (GS-6 and below): Carol Carlson, 56th Contracting Squadron

Civilian (GS-7 and above): Marty Yates, 56th CES

Civilian (FWS): Jesse Schroeder Jr., 56th CES

63rd Fighter Squadron

Airman: Senior Airman Tiffani McLaughlin

NCO: Tech. Sgt. James Holland

Company grade officer: Capt. David Chace

Field grade officer: Maj. Louis Benoit

Instructor pilot: Capt. Benjamin Bradley

Flight Commander: Maj. Michael

LoForti

The following individuals are quarterly awards recognition winners.

63rd Fighter Squadron

Company grade officer: Capt. Bernard Hund

Field grade officer: Maj. Matthew Deyo

Instructor Pilot: Lt. Col. Timothy Forsythe

NCO: Staff Sgt. Jennifer Smith

Airman: Airman 1st Class Rachel Mays



56th SFS: Antiterrorism starts with situational awareness

By Master Sgt. Alan Lewis
56th Fighter Wing Public Affairs

When most people think of the term antiterrorism, thoughts of armed guards, metal detectors and fences may come to mind.

Although these security aids play a role in any antiterrorism program, according to Master Sgt. Jerold Haupt, 56th Security Forces Squadron, Antiterrorism Program manager, they are not the most important part.

“The key to an effective antiterrorism program lies with each of us,” said Haupt. “Our state of situational awareness, being tuned in to our environment, is the foundation of any effective antiterrorism program.

“Always be aware of what’s going on around you,” Sergeant Haupt said. Would you notice a stranger wandering the hallways of your workcenter? Would a person sitting in a parked car for an extended period of time in your neighborhood raise your suspicion?”

According to Sergeant Haupt, everyone knows the daily routines in their workcenters and neighborhoods.

In addition to detecting and reporting suspicious activity, ensuring daily security practices in the workcenter also play a big role in the base’s antiterrorism program.

Specifically, making sure end-of-day security checks are completed. These checks ensure all facility doors are locked prior to departing.

“Get into the practice of ‘locking it before you leave it,’” said Sergeant Haupt. “This includes vehicles (both private and government owned), offices and storage rooms. In short, if it isn’t in use, it should be locked up.”

Security is important while working but it is also important when not at work.

“Off duty situational awareness is another important aspect of antiterrorism,” said Sergeant Haupt. “Pay particular attention to securing items that could be used by the criminal element to illegally enter the base. These include identification cards, military uniforms, and DD Forms 2220 (base vehicle decal). Your identification card must never be left unsecured and should be on your person at all times. When picking up your uniforms from the dry cleaners, secure them

in your trunk, out of plain view. Stolen uniforms can be worn by a thief to blend into the military environment. Secure your uniform items in your quarters as soon as time permits.”

Sergeant Haupt also recommended periodic check of vehicle windshields to ensure the base decal is intact and has not been removed.

Anyone who sells or trades a vehicle is required to remove the base decal from the windshield, and deregister the vehicle through the pass and registration office at (623) 856-6544.

If any of the above-mentioned articles are lost or stolen, report it to the 56th Security Forces Control Center as soon as possible.

According to Tech. Sgt. Mark Shipp, 56th SFS Antiterrorism NCO, everyone is responsible for antiterrorism.

“The bottom line is that the success of

Luke’s antiterrorism program starts and ends with each of us,” said Sergeant Shipp. “In today’s environment, it’s more important than ever for us to remain alert and to report suspicious activity. Take the extra couple of minutes to conduct a thorough end-of-day security check at your workcenter, and always ‘lock it before you leave it.’ Remember to always maintain your situational awareness.”

“Today, more than ever, we must remain alert to anything suspicious or out of the ordinary, said Sergeant Haupt. “If you don’t receive a satisfactory answer, or if the response seems suspicious, notify your supervisor or the 56th Security Forces Control Center ((623) 856-5970 or (623) 856-5971). We’ll send a patrol to investigate.”

(Portions courtesy of the 56th Security Forces Squadron)

“Always be aware of what’s going on around you.”

Master Sgt. Jerold Haupt
56th Security Forces Squadron
Antiterrorism Program manager

AF extends deployments

By Master Sgt. Rick Burnham
Air Force Print News

WASHINGTON — Currently and soon-to-be deployed airmen will remain deployed longer than the previously targeted three-month rotation, Air Force Chief of Staff Gen. John Jumper announced Tuesday in a message to all airmen. The change was made to meet the needs of combatant commanders.

Specifically, active-duty and mobilized reserve component airmen deployed with Air and Space Expeditionary Forces 7 and 8 and those deploying as part of new taskings ordered by Secretary of Defense Donald Rumsfeld on Dec. 24 should anticipate remaining in place until further notice, General Jumper said in the message.

Airmen in some “stressed” career fields have already been extended beyond three months.

The need for additional forces is part of a buildup of air power in Southwest Asia, ready to achieve national security objectives if directed by the president.

“We must interrupt our normal three-month AEF rotation cycle because the resources in a single AEF pair can no longer satisfy the needs of our combatant commands,” General Jumper said.

The general said that the change would likely increase the amount of time many airmen are forward deployed. But, he added, it is a necessary move and one he feels will be taken in stride by airmen everywhere.

“I know this is a lot to ask, and I am confident that every airman understands we have been called upon once again by

our nation,” he said. “Our success as an Air Force depends on how we prepare for and execute operations.”

General Jumper’s words echoed those in a message sent by Secretary Rumsfeld the same day to people in the Department of Defense.

“In recent weeks and months, the president has called the world’s attention to Saddam Hussein’s regime in Iraq,” Secretary Rumsfeld said. “He has rallied the United Nations to enforce its resolutions calling for the regime’s disarmament.”

In light of these developments, DOD leaders recognize the uncertainty longer deployments may create for those in uniform, the civilians who work beside them, and their families, Secretary Rumsfeld said.

“Be assured that the president will not decide to commit forces unless conditions require it, and only as a last resort,” Secretary Rumsfeld said. “Should action be necessary, you will have what you need to carry out the missions assigned.”

General Jumper said every effort will be made to relieve those deployed in a way that accommodates mission requirements.

“I assure you that we will continue to assess the evolving situation and develop rotation plans which seek to relieve our forces in the most equitable fashion while still meeting combatant commanders’ warfighting requirements,” he said. “Although AEF rotation timing will change, we will make every effort to preserve the AEF sequence which will give us the ability to sustain our operations over long term.

“When able, we will return to a more normalized three-month AEF battle rhythm.”

Lethal carbon monoxide poisoning causes death

Colorless, odorless gas takes lives; with care can be prevented

By Airman 1st Class
Susan Stout

56th Fighter Wing Public Affairs

A colorless, odorless, highly poisonous gas claims the lives of more than 1,500 people in America each year.

According to the American Medical Association, 1,500 Americans die each year from accidental exposure to carbon monoxide.

CO is produced by burning any type of fuel and sources include woodburning stoves, kerosene heaters, improperly ventilated water heaters and gas stoves, and blocked or poorly maintained chimney flues.

“When appliances are kept in good working order, they produce little carbon monoxide,” said Senior Master Sgt. Martha Lovell, 56th Fighter Wing Safety Office deputy ground safety manager. “Improperly operating appliances can produce fatal CO concentrations in your home. Likewise, using charcoal indoors or running a car in a garage can also cause deadly CO poisoning.”

The initial symptoms of CO are similar to the flu, but without fever. They include dizziness, fatigue, headache, nausea and irregular breathing.

“If you have these symptoms but you feel better after going outside your home, you may have CO poisoning,” said Kim Bushong, 56th Civil Engineer Squadron Fire Prevention Flight fire inspector.

If there is rusting or water streaking on a vent or chimney; a loose or missing furnace panel; loose or disconnected vent or chimney connections; debris or soot falling from chimney, fireplace or appliance; loose masonry on a chimney; or unusual moisture inside of windows, there may be a carbon monoxide leak.

“To prevent carbon monoxide poisoning, install a detector. If the alarm sounds, get out immediately and use a neighbor’s phone to call 911,” Mr. Bushong said. “Make sure appliances are installed according to manufacturer’s instructions and local building codes. Have the heating system inspected and serviced annually.”

One military individual’s alarm sounded three times over a two or three month period in her home at a previous base. One night when they received her 911 call, the fire department detected carbon monoxide several houses down the block, but traced it to her home. Her family was immediately relocated when the leak was found.

“Don’t delay when the alarm sounds,” Sergeant Lovell said.

For more information about carbon monoxide poisoning, call (623) 856-3766.

Surgeon general issues suicide prevention tools

Strategy to include awareness, addressing quality-of-life issues

By G.W. Pomeroy
Air Force Surgeon General Public Affairs

WASHINGTON (AFPN) — The Air Force’s surgeon general has developed two new tools as part of its community-based Air Force Suicide Prevention Program designed to aid all airmen in the ongoing effort to prevent suicides.

Lt. Gen. (Dr.) George Peach Taylor Jr. announced the “Air Force Guide for Managing Suicidal Behavior: Strategies, Resources and Tools” and the Air Force Suicide Prevention Program Web site as part of the service’s strategy to provide innovative tools to help prevent suicides in the Air Force.

“Suicide prevention is the responsibility of the entire Air Force community,” said Lt. Col. Rick Campise, program manager. “Suicide isn’t prevented in the hospital emergency room. It’s prevented in the unit by addressing quality of life concerns on a daily basis.”

The 46-page clinical guide does not represent a mandate or requirement, he said. Rather, it is a set of recommendations that are intended to assist mental-health professionals in assessing and managing suicidal behavior.

“Mental-health professionals at our military installations are at the front lines assisting unit commanders and first sergeants in the care of personnel,” said Brig. Gen. Gary Murray, commander of the Air Force Medical Operations Agency at Bolling Air Force Base, D.C.

“They face immense pressures when (suicide) is part of the clinical picture,” General Murray said. “It’s essential that Air Force mental-health professionals have current information, applicable skills and the best resources for managing suicidal patients.”

The guide is organized within eight topical chapter headings, which include: Assessment of Suicide Risk, Documentation Strategies, Ensuring Continuity of Care and Links Within the Community. The guide also has a 42-page appendix that contains examples of procedures, forms and program products.

“Experts within and outside the Air Force recognize the guide as state of the art, a product without equal in the military or civilian community,” Murray said.

Though the guide is geared toward clinical use, the Web site is designed to provide information and tools to the entire Air Force community.

The site — which is dot-mil restricted — features a wealth of information, including an overview of the prevention program; how to implement a local program; links to relevant Defense Department and Air Force policies, instructions and other publications; and senior leader memos and links to other existing program products.

The site also contains links to various agencies in and out of the Defense Department, and provides answers to frequently asked questions. One question asks whether to be worried when a friend talks vaguely about suicide even if the person has not made any overt attempt to do any harm; or is the person trying to get attention?

The answer: “You should be very concerned and encourage them to seek help on their own. Just because he/she hasn’t harmed himself/herself in the past doesn’t mean they will not in the future. The best thing you can do is to let someone else know if a friend is talking about suicide. Be educated on what to look for and ask them. Being silent won’t help.”

In calendar 2002, there were 29 suicides among active-duty airmen. That rate — 8.3 per 100,000 people — is the second lowest in the Air Force in 20 years.

From 1991 to 1996, the Air Force active-duty suicide rate was 14.1 per 100,000. From 1997 — the year in which the suicide prevention program was fully implemented — through 2002, the annual average was 9.1 per 100,000.

‘Bob’ marks mission milestone in Afghanistan

40-year veteran answers call to war on terrorism

By Staff Sgt. Pamela Smith
320th Air Expeditionary Wing Public Affairs

OPERATION ENDURING FREEDOM (AFPN) — A C-130 Hercules assigned to the 778th Expeditionary Airlift Squadron marked a milestone Jan. 26 when it reached 30,000 flying hours while performing a combat mission in support of Operation Enduring Freedom.

The aircraft, from Little Rock Air Force Base, Ark., and now serving at a forward-deployed location, achieved this feat during touchdown on an airfield in Afghanistan while delivering mission-critical people and supplies.

Nicknamed ‘Bob,’ the aircraft was built in 1963. It is a veteran of the Vietnam War, Operation Desert Storm, and continues to answer the call during the war on terrorism.

“(Bob) represents 40 years of military history that spans both peacetime and war-time operations starting with Vietnam and now with OEF,” said Col. Richard Johnston, the 320th Air Expeditionary Wing commander and pilot of Bob’s historic mission. “It was an honor to be part of this milestone in the rich heritage of theater airlift.”

For some, 30,000 flying hours means very little because they are not familiar with flight or measuring distance. For those who keep track, 30,000 flight hours is the equivalent of more than 300 trips around the world. A feat like that can be credited to the aircraft itself and the hard work and dedication of its crews and maintainers.

“We do a job and that’s to keep the aircraft flying,” said Senior Airman Matt Kauffman, a 778th EAS dedicated crew chief. “The C-130 can do a variety of missions that no other aircraft can do and has proven repeatedly that it’s the best.”



Senior Airman Joann Makinano
Senior Airman Jimmie Neel draws a tribute on ‘Bob’ to highlight the aircraft’s 30,000 flight-hour milestone reached Jan. 26.

Kauffman, who is deployed from the 463rd Aircraft Maintenance Squadron at Little Rock AFB, takes pride in his aircraft and being part of something that has been around longer than he has.

“To know what this aircraft has seen and done and made it through, it’s an honor to be (working) on it,” he said.

Bob made its first appearance during the Vietnam War, followed by missions in Grenada and Somalia. It also helped transport more than 189,000 tons of cargo during Operation Desert Storm. Its current mission has it ferrying troops and supplies into Afghanistan and throughout the U.S. Central Command area of responsibility. Besides OEF, it is also being used for Operation Southern Watch.

The C-130 has stood the test of time and is popular with the militaries of the world because it brings great versatility to the fight.

“The Herk’s flexibility gives warfighting commanders unmatched capability to take the fight to the enemy, sustain our forces and return our troops to friendly lines when the mission is complete,” said Lt. Col. C.K. Hyde, 320th Expeditionary Operations Group commander. “The Herk is a cornerstone of our current combat operations because it lives and works in the trenches; our troops are never alone when the C-130 is on duty.”

First Lt. Mike Trodden, co-pilot deployed from Little Rock, said it is notable that during his first deployment, he is spending it on an aircraft that flew in Vietnam.

“It say’s a lot about the durability of the aircraft,” he said.

The crew members that flew Bob have shown durability themselves, having a combined total of approximately 30,000 flying hours. Johnston, deployed from the 317th Airlift Group at Dyess AFB, Texas, joined the Little Rock crew of Maj. Woody Ganis; Maj. Paul Cobb; Trodden; loadmasters Chief Master Sgt. Andre Greene, Senior Master Sgt. David Joslin and Tech. Sgt. Jimmie McKenzie; and Kauffman. All are assigned to the 778th EAS.

No one knows how many more flight hours Bob will accumulate, but the crew is keeping the faith.

“There isn’t a maintainer in our squadron who will let an aircrew step onto an aircraft we wouldn’t fly on ourselves,” Kauffman said, “and I’m confident this aircraft will get me home every time.”

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56th Mission Support Squadron Education Office
reminds Thunderbolts of the value of education

Approach every work day with passion and joy; a college degree can be key to job satisfaction

By Deborah Leuthold
56th Fighter Wing Public Affairs

It's been said that if you pursue what you are passionate about as a career, you will approach every work day with anticipation and joy. Doing what you love as a career gives great job satisfaction.

To get there, however, requires planning and preparation. It might also require higher education.

Besides career motivations, there are other reasons to get a degree. The pride of completion, the realization of a lifelong goal or increased earning potential could be motivators. At Luke, receiving a degree is even more attractive because of the ease of getting an education on base and available financial assistance.

There are five colleges on base willing to work with students to help them reach educational goals. Having much in common, they also offer unique differences, making it easier for each individual to find a program best for them.

Embry-Riddle Aeronautical University

No longer an aeronautical university only, Embry-Riddle now offers business management and technical management degree programs.

"With over 130 campuses worldwide and Internet distance learning, Embry can keep students informed of the newest business and technology developments while continuing to receive the same quality education anywhere in the world," said Christy Demetrio, Embry-Riddle Aeronautical University Luke center assistant director.

Faculty members are required to have a degree in their discipline and have current, proven work experience in the area they teach.

"Not only are they subject-matter experts," said Carol Curto, Embry-Riddle Aeronautical University director, "the students have an added advantage in that the classroom and faculty provide a vast networking opportunity."



Park University

Park University accommodates those who have or are in the process of completing their Community College of the Air Force degree. Students at Luke or 32 other bases can take classes to finish their CCAF degree while beginning requirements for a bachelor's degree at Park. Courses are eight weeks long and can be finished at Luke or, in case of a deployment, anywhere the student has access to a computer.

"For those who want to further their education," said Bill Barnes, Park University resident center coordinator, "but don't know what area they want to go into, I suggest a straight management or human resources degree. In the military, as you go through the ranks, you work with many people and develop people skills. If a student is more technical, a computer science degree might be right for him or her."

Additionally, Park provides corporate training for Honeywell, resulting in a close tie with the company and networking opportunities for graduating students who are leaving the military.

Rio Salado

Rio Salado is a two-year community college. The Luke

branch works with the base education office to support the CCAF degree program. Rio offers undergraduate courses, degrees and certificate programs for all who have access to Luke.

"Our purpose is to help students reach their educational goals," said Bill Bristol, Rio Salado instructional programs coordinator.

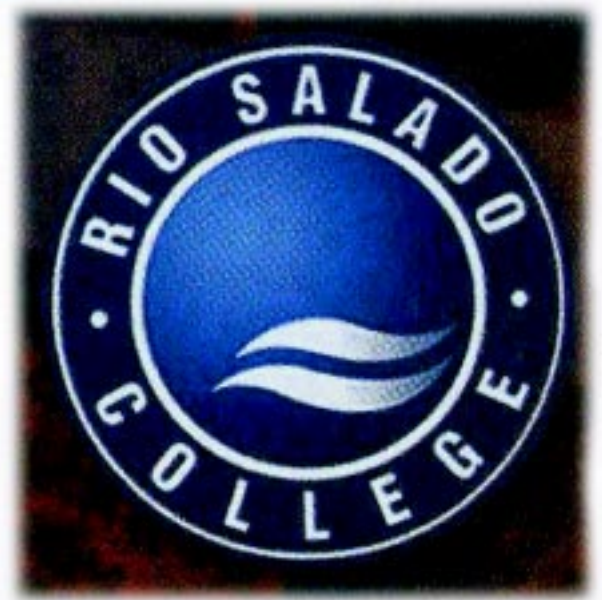
To do that, Rio offers flexibility. One example is the modular math classes. These classes are divided into three or four one-credit hour sections. This is done so when students are deployed or go TDY part way through the course, they will receive credit for those sections completed. Upon return, they start where they left off.

Rio offers more than 300 distance-learning courses; more than 200 via the Internet. With the compressed schedule Rio offers, students are able to complete an associate's degree in less than two years.

They also offer certification in specializations, such as Computer Usage and Technology and Organizational Leadership, which can be used as credit for degree programs.

"We will assist students every step of the way with obtaining transcripts, advisement, registration, Veterans Administration assistance and financial assistance," Mr. Bristol said. Rio offers a scholarship program for military spouses for partial tuition. They also provide graphing calculators for math students and a computer lab to Rio students and staff.

"The student is number one. We don't merely believe in customer service, we believe in customer



astonishment." Mr. Bristol said.

Wayland Baptist University

One of Wayland Baptist's key benefits is their flexibility working with ever-changing schedules. For example, in a program set up upon request for the 56th Security Forces Squadron, core courses are repeated within the week to accommodate schedule changes and shift work.

If someone is deployed or a reservist, Wayland will work with schedules to accelerate classes or students can complete them via the Internet.

In addition to working with schedules, instructors know the difficulties of military life. Many instructors are retired active-duty military.

Wayland prides itself on the ability to get the servicemember to completion of their degree at Luke, one of the other 13 campuses in five states or through distance learning. Fourteen percent of active-duty Air Force and Army, who get a degree, get it from Wayland.

Additionally, Wayland offers up to 12 hours of credit for four years documented work experience.

"The university recognizes that people pick up a world of wisdom in the workplace that they can't get in the classroom," said Glenn Simmons, Wayland Baptist University dean.

Webster University

Webster offers a graduate business education for working adults. They provide a person-centered curriculum that is student driven. The schedule is set two years in advance and Webster hires only professors who can meet that schedule.

"In our current society," said Lynette Knight, Webster University director, "an under graduate degree is standard. The graduate degree is the discriminator and will give a competitive edge to those who hold one."

"Additionally, the instructors have strong academic credentials and have worked in the fields they teach. This experience gives them dimension. It is not uncommon to see fewer research papers and more action-oriented research projects to give the students an opportunity to do in class what they can use on the job."

In addition to classes, "Webster University has a full-service on-line library."

Students who are undecided or have not attended college, but are thinking about it, should call the Luke education office at (623) 856-7722.



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Blood program asks donors to give

Blood needed as operations tempo speeds readiness

By Army Sgt. 1st Class
Doug Sample

American Forces Press Service

ARLINGTON, Va.— The Armed Forces Blood Program seeks donors to help increase its stock of fresh blood.

Col. Michael Fitzpatrick, who oversees DOD’s blood collection and distribution system, said there is “some additional urgency” to replenish the military’s supplies because of the prospects of war. To date, the program has been self-supporting in meeting DOD’s need for blood. All 17,000 units shipped to date in support of Operation Enduring Freedom have come from DOD blood collection centers.

The DOD program has been able to meet military requirements despite precautionary deferrals for the human form of “mad cow disease.”

“We increased our deferrals by 18 percent and we’ve increased our collections almost 20 percent. That’s almost a 40 percent increase in recruitment to achieve the goal that we have in collection,” he said.

Having sufficient blood supplies ready to use is crucial to military readiness as the United States prepares for possible

conflict in Iraq, Colonel Fitzpatrick said. The need for blood and its byproducts tends to rise significantly during contingency operations and as preparations for war step up, he noted.

“As we move toward an increased operations tempo, we will need more blood on the shelves whether we have hostile actions or not,” he said. The Defense Department has a sufficient supply of blood products to meet current needs and has replaced its stockpile of frozen plasma, which had been reduced in December by a voluntary withdrawal of frozen plasma potentially affected by West Nile virus.

The shipment of blood overseas to support contingency operations has meant less blood on the shelf, he added.

Although the military will continue to press for more donors, Colonel Fitzpatrick advised that they not rush to give blood all at once. Fresh blood, which is the preferred product for transfusions and other medical needs, has a shelf life of only 42 days, he said.

“If everyone donates on Day 1, every

unit of blood expires on Day 42. It’s much better to stagger donations — that’s what allows us to maintain a constant supply of blood,” Colonel Fitzpatrick explained.

“When your local donor center asks you or your unit to donate, that’s when we need military personnel and their families to respond,” he added.

“Scheduling donations allows us to keep a steady supply of blood flowing to our deployed units and to our medical treatment facilities.”

If the Defense Department program cannot stockpile enough blood to meet needs, Colonel Fitzpatrick said, the military could buy blood from civilian blood agencies — although many of them currently are experiencing their own shortages. He said his office negotiates contracts with civilian blood agencies to provide for civilian support if needed.

For more information about blood drives on base, contact Lynn Cunningham, Red Cross assistant manager for donor recruitment at (602) 728-9631 or cunninghaml@usa.redcross.org. For more information on blood drives in your area, call 1-800-GiveLife.

“If everyone donates on day 1, every unit of blood expires on day 42. It’s much better to stagger donations — that’s what allows us to maintain a constant supply of blood.”

Col. Michael Fitzpatrick
DOD blood collection and distribution system

FEGLI announces lower premiums

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Some Air Force civilian employees and retirees will see a change in the cost of their Federal Employees Group Life Insurance premiums. They may find themselves placed into a new age group.

A recent review of FEGLI premiums by office of personnel management officials resulted in changes that became effective Jan. 1.

Because of today’s generally lower mortality rates, OPM officials decided to reduce the premium for basic insurance and several of the Option B age bands and add new age bands for Options B and C, said officials at the Air Force Personnel Center. There are no changes to Option A premiums or to the existing Option C age bands.

“The new rates were actually applied the first pay period in January, and any changes should reflect on the employee’s Jan. 31 leave and earnings statement,” said Janet Thomas of the center’s civilian benefits and entitlements service team.

More information and cost charts can be found at www.afpc.randolph.af.mil/pubaffairs/release/2003/01/FEGLI.htm.

(Courtesy of AFPC News Service)

Anthrax-killing enzyme tested as treatment

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — An anthrax-killing enzyme now being tested by the Defense Department may one day be used as a medical treatment against the deadly bacteria, a DOD researcher said.

The enzyme, lysin, “is like a ‘smart bomb’ that kills anthrax, but doesn’t kill anything else,” noted Dr. John Carney, a pharmacologist with the Defense Advanced Research Projects Agency in Arlington, Va. “This could be an unique treatment (against anthrax) that wouldn’t cause side effects.”

Dr. Carney has worked three years with DARPA-contracted research microbiologists at Rockefeller University in New York, in developing more effective medical therapy for anthrax.

Lysin attacks anthrax by dissolving a hole in the bacteria from the inside out, Dr. Carney explained. Water surrounding the ruptured anthrax cell rushes in, he continued, causing it to burst.

Persons can receive vaccinations for protection against anthrax, Dr. Carney pointed out, while Cipro, doxycycline, penicillin and other antibiotics are used as treatment for unvaccinated people who’ve been, or may have been, exposed to the bacteria. Yet, some persons might be allergic to the antibiotics used to battle anthrax, he acknowledged.

In addition, he said, broad-spectrum antibiotics are indiscriminate. They kill all bacteria, even beneficial ones, and that

can cause side effects such as diarrhea. He said the new enzyme, on the other hand, has the potential for fewer side effects because it would kill only anthrax bacteria.

Dr. Carney noted he and his associates have great hopes for the experimental enzyme therapy. Human testing, he said, is on the horizon.

“It’s getting close,” he emphasized. “It’s been proven in rodent studies that it works.” The clinical studies, Dr. Carney pointed out, are reviewed by the Food and Drug Administration, which would provide final approval for any new anthrax treatment procedure.

Anthrax makes a deadly biological weapon of mass destruction, Dr. Carney noted. After a person is exposed to anthrax bacteria, “it grows in your body,” he pointed out, and releases several toxic proteins — poisons.

Those poisons travel through the victim’s blood stream and attack and destroy the body’s immune system, Dr. Carney explained, hampering the body’s ability to resist infections.

Untreated anthrax victims develop “an abnormal pneumonia,” Dr. Carney pointed out — the first clinical sign of

the bacteria’s presence. As the poisons spread, they “weaken your body and, ultimately, your organs fail and you die,” he noted.

Cattle can contract anthrax, Dr. Carney explained, because “it’s found in the dirt.” Sheep farmers, he added, have contracted anthrax by breathing in spores coming off infected animals’ wool.

Dr. Carney ticked off the three forms of anthrax: gastrointestinal, cutaneous or skin, and pulmonary. Eating infected dirt causes gastrointestinal anthrax, he explained, while cutaneous anthrax enters the body through a break or cut in the skin.

Inhaling anthrax spores, Dr. Carney pointed out, causes the pulmonary variety of the disease. Becoming a spore, he noted, is one of the things the organism does to survive.

“Cutaneous anthrax is treatable; it’s not a lethal disease,” Dr. Carney explained, adding that gastrointestinal anthrax “is very uncomfortable, but is rarely, if ever, lethal.”

Pulmonary anthrax, however, “is a much worse disease — and it’s lethal,” he concluded.

The enzyme, lysin, “is like a ‘smart bomb’ that kills anthrax, but doesn’t kill anything else.”

Dr. John Carney
 Defense Advanced Research Projects Agency

Tax breaks offered for combat-zone service

By **Gerry J. Gilmore**
American Forces Press Service

WASHINGTON (AFPN) — Military members serving in designated combat zones supporting the global war against terrorism can get a tax break from Uncle Sam.

Depending upon rank, eligible servicemembers can exclude from federal income tax either all or some of their active-duty pay — and certain other pays — earned in any month during service in a designated combat zone.

According to the Internal Revenue Service’s Armed Forces’ Tax Guide for 2002, “a combat zone is any area the President of the United States designates by Executive Order as an area in which the U.S. Armed Forces are engaging or have engaged in combat.”

Current combat zones are Afghanistan, specified parts of the Kosovo area and the Persian Gulf region. The tax guide defines the qualifying areas.

Servicemembers in several other areas specified in law as “qualified hazardous-duty areas” are eligible for the same tax breaks. Bosnia-Herzegovina, the former Yugoslav Republic of Macedonia and Croatia have been listed since November 1995.

Some people providing direct support for military operations within a designated combat zone or qualified hazardous-duty area may also be eli-

gible for income tax exclusions. New areas for 2002 include Djibouti, Africa, after July 1, 2002; and the Philippines after Jan. 9, 2002, providing people’s orders specify their duty is “in direct support of Operation Enduring Freedom - Philippines.”

Servicemembers who serve one or more days in a designated combat zone are entitled to federal tax exclusion benefits for that entire month, according to the IRS.

The downloadable Armed Forces’ Tax Guide for 2002 can be accessed on the Web at www.irs.gov/pub/irs-pdf/p3.pdf. It lists many, but not all, designated combat zones.

While people can use the tax guide in preparing their 2002 federal tax returns, those who have specific questions about designated combat zones should contact their unit personnel or pay officials or unit tax assistance officer.

The IRS guide notes servicemembers normally do not need to claim the combat zone exclusion or subtract eligible earning on their federal tax returns. The services normally have already excluded combat zone earnings from the taxable gross income reported on servicemembers’ Form W-2s, the guide says.

The IRS points out that military retirement pay and pensions are not eligible as combat zone income tax exclusions.

Data cards move to Web

By **Maj. John Thomas**
Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFPN) — More than a week before its planned launch, the new Web-based ‘emergency data card’ helped more than 1,000 airmen in Alaska mobilize for a real world deployment.

Scheduled to kick off Jan. 27, the program began early to help airmen deploy from Eielson Air Force Base, Alaska, Air Force Personnel Center officials said. Within the first week, more than 20,000 other people completed the form upon logging onto the virtual military personnel flight on the personnel center’s Web site. Airmen can update their emergency contact information from any Web-connected computer rather than visiting their military personnel flights.

Called the Virtual Record of Emergency Data, or vRED, the form provides the Air Force with information needed to contact family members if an airman suffers a serious illness or injury, or dies while on active duty.

The vRED replaces the Department of Defense Form 93, Record of Emergency Data, and will need to be kept updated individually. The vMPF will prompt airmen to update their emergency data upon login. Also, local military personnel flights will notify airmen based on location when they must sign on and establish their initial electronic form, said Maj. Jerry Couvillion, chief of the casualty services branch here.

The transition is expected to last until June; however, people at remote locations without Internet access can still use paper copies of the form. “The biggest ad-

vantage is convenience for the customer,” he said. “People won’t have to stand in line at the MPF to make simple changes to their contact information.”

The innovation comes as the Air Force increases its number of deployed airmen, said Maj. Gen. Thomas O’Riordan, personnel center commander. “Updating emergency data is important,” he said. “It is a crucial part of expeditionary preparation.”

Accurate and current family contact information can prevent delays of medical, casualty and death benefits for airmen and family members, officials said. It also avoids hours or even days of uncertainty during which casualty teams are sometimes left to track down next of kin.

“That emergency information is essential for our casualty notification teams in case an airman becomes incapacitated or worse yet, killed,” Major Couvillion said. “Once the member initially completes the form, they will be able to go in at any time and update specific information as needed. It’s simple and saves time.”

Personnel officials encourage all active-duty, Guard and Reserve airmen to update their information every six months, prior to deployments and after moving.

On the AFPC Web page at www.afpc.randolph.af.mil, people can select the “vMPF” logo at the top of the page. New vMPF users will need to establish an account. The online application, which will take most people about 15 minutes, requires information on relatives and their addresses. Conveniences include drop-down menus that keep users from having to re-enter addresses common to more than one person.

Around Base

Retirement ceremonies

Vangie Gallegos, Civil Service, is retiring from Luke hospital today at 11 a.m. For more information, call (623) 856-4532.

A civil service retirement ceremony is scheduled for retired Chief Master Sgt. Geno Piccoli today at 4:30 p.m. at the Desert Star Enlisted Club. A reception will follow. Fore more information, call (623) 856-6378.

There will be a retirement ceremony for Tech. Sgt. Michael Staley, 56th Maintenance Squadron Quality Assurance, today at 2 p.m. in the 56yh Equipment Maintanance Squadron Auditorium in Bldg. 859. Dress is uniform of the day.

Discount tickets

Luke Information, Tickets and Travel office offers discounted movie and admission tickets to local and California area attractions. Some discount hotel accommodations are also available. For more information, call (623) 856-6000.

Vetinary services

Vetinary treatment is available by appointment only Monday through Thursday 8 to 11:30 a.m and 1 to 3 p.m. at Bldg. 1107 for one third the cost of a civilian vertinarian. For more information, call (623) 856-6354.

Auto skills shop

Learn auto detailing, custom vehicle painting, body work, restoration and custom fiber glass work at the auto

skills shop Thursdays and Fridays from 10 a.m. to 7 p.m. and Saturdays and Sundays from 9:30 a.m. to 6 p.m. For more information, call (623) 856-6107.

Voices Take Flight concert

The second annual Voices Take Flight concert designed to promote military, music and heighten awareness of Lou Gehrig’s disease will take place March 1 at Phoenix First Assembly at 7 p.m. The concert costs just \$5 and will highlight the U.S. Naval Academy Women’s Glee Club and the Grammy Award winning Phoenix Boy’s Choir. For tickets, call (480) 609-3888 or stop by ITT.

Bowling special

Purchase a meal valued at \$3.50 or more and bowl free from 10:30 a.m. to 1:30 p.m. Monday through Friday.

Lunch time drawing

Enter to win a \$150 gift certificate to be used anywhere in services. Write your name, address and phone number on the back of your lunch receipt at Luke Lanes. Drawing will be Feb. 28.

Free child care

Active-duty military of all ranks who have PCS orders in or out of Luke can receive up to 20 hours of free child care with FCC providers. For more information, call the family support center at (623) 856-6839.

Live theater performances

Luke Experience will perform “Murder Well Rehearsed,” written by John R. Carroll, and “I Bring You

Flowers,” written by William Lang at the base theater Feb. 4, 5 and 6 at 7 p.m. Both plays are being produced by special arrangement with Baker’s Plays. The Community Center production has a recommended PG-13 rating for the audience. For more information, call (623) 856-7152.

Deployed family dining

The Ray V. Hensman Dining Facility offers meals to family members of those deployed in support of contingency operations Tuesdays and Thursdays from 3:30 to 6 p.m. The adult meals are \$2.50 to \$3.50 with a copy of temporary duty assignment orders.

February cultural meals

The Ray V. Hensman Dining Facility features cultural meals Wednesday served from 10:30 a.m. to 1 p.m. The Falcon Inn also features cultural meals for lunch and dinner each Tuesday and sea food is served Thursdays. Steaks are served at lunch and dinner on the third Friday of each month.

Future careers

Career Explorers introduces teens, ages 13 to 18, to a wide variety of potential career opportunities. Meetings are Tuesdays from 6 to 7 p.m. at the youth center. For more information, call (623) 856-6225.

Midnight bowling

Bowl from 9:30 p.m. to midnight every Friday and Saturday at Luke Lanes. Cost is \$10 for club members, \$12 for nonmembers and \$5 for nonbowlers.

Family Xtreme bowling

Up to five people can bowl Sundays from noon to 4 p.m. for \$19.95 per lane for two hours or \$2.25 per game per person. Bowl 4 to 9 p.m. for \$1.75 per game.

Birthday bowling parties

Celebrate birthdays for children and youth up to age 18 at Luke Lanes. Each bowler receives two games, food, beverage and ice cream for \$7 per person. For more information or to book a date, call (623) 856-6529.

Extended childcare

Additional childcare is provided for families with extended hours, evening, weekend or shift change schedules. For more information, call (623) 856-7472.

Heir Born

The Thunderbolt is pleased to announce the following birth:

♦ Dillon Joel Heft born Dec. 27 at seven pounds, fourteen ounces and 20.5 inches long. Son of Terri and Joel Heft.

Those wishing to announce a birth should contact the Tunderbolt office, Bldg. 452, or call (623) 856-5998.



Chapel News

Worship schedule

The following services and classes are at the Luke Community Chapel unless stated otherwise:

Protestant

- ♦ Sunday traditional service is at 11 a.m. at the Chapel on the Mall.
- ♦ Sunday school program is at 9:30 a.m.
- ♦ Sunday gospel service is at 8:30 a.m. at the Chapel on the Mall.
- ♦ Sunday contemporary service is at 11 a.m.; children’s church is also available.
- ♦ Young adults wallyball is Thursdays at 5 p.m. at the gym.
- ♦ “The Way” Bible study is Thursdays at 7 p.m.
- ♦ “Young Adults at the Way” is Saturday at 6 p.m.

Catholic

- ♦ Sunday Mass is at 9:15 a.m. and 5:30 p.m.
- ♦ Weekday Mass is at 11:30 a.m.

Muslim

- ♦ Muslim Friday Prayer (Jumu’s Salah) is Fridays at 1 p.m.
- ♦ Quaranic recitation/Arabic class is Tuesdays at noon.

Wicca

- ♦ Those interested in starting a Wiccan faith group can contact Airman 1st Class Elizabeth Hunter at (623) 935-6225 or e-mail wiccagreengoddess@yahoo.com.



Religious education

- ♦ Confirmation classes are Sunday at 4 p.m.
- ♦ CCD classes are Sunday at 11 a.m. in Bldg. 1150 in the third floor atrium.
- ♦ Baptism seminars for parents of children under 7 years old are 7 p.m. every first and second Monday of the month at “The Way.”

Youth events

- ♦ The junior Catholic youth group meets Tuesdays from 5 to 7 p.m.
- ♦ The Catholic youth group meets Wednesdays from 5:30 to 9 p.m.

For more information on these programs, call (623) 856-6211.

Outdoor Recreation

The Outdoor Recreation Center is open Monday through Friday from 9 a.m. to 5 p.m. For more information, call (623) 856-6267.

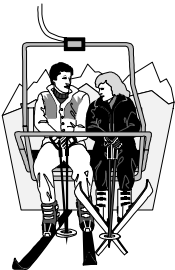
Winterfest

Fort Tuthill celebrates Winterfest today through Sunday. Activities include a family movie night with free popcorn today at 7 p.m. Cross-country skiing lessons, snowman building contest, snowball toss and tube-run races are on Saturday with s'mores around the firepit that night. If there is no snow, there will be ice skating at Jay Lively in Flagstaff. The weekend will include a pancake breakfast and winter crafts. For more information, call (623) 856-3401.



Valentine's Day skiing

Ski for two full days on the Wasatch Mountains near Salt Lake City Feb. 14 through 17. The cost of \$310 per person includes ski equipment, three nights lodging, lift tickets, round trip transportation and continental breakfasts. For more information, call (623) 856-3401.

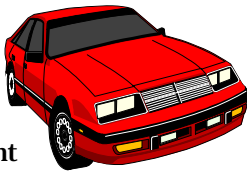


Equipment rental

New items available to rent at the outdoor recreation center include A-liner camping trailers, folding chairs and a flag football set. A 50-percent discount is offered on camping trailers and boats.

Vehicle resale

Luke active-duty military, retirees and Defense Department civilians can sell their



personal vehicles at the resale lot behind the bowling center. Cost is \$10 per 30-day period.

Pavilion reservations

Reservations for the pavilions at Fowler Park and Silver Wings Pool are accepted on a first-come, first-served basis.

Lifeguard training

Red Cross lifeguard training includes swimming techniques, basic lifeguard skills, communication and decision-making skills. Class takes place at Litchfield Park swimming pool March 1, 2, 8 and 9 from 9 a.m. to 6 p.m. A second class is March 17-20 from 9 a.m. to 6 p.m. The cost is \$100 and includes the three certificates necessary to become a lifeguard. Register by Feb. 28. For more information, call (623) 856-9334.



W-2s available now on myPay

ARLINGTON, Va. (AFPN) — American military members and Department of Defense civilians can now view, save and print their W-2 wage and tax statements from myPay at <https://mypay.dfas.mil>. Military retirees and annuitants can view, save and print their tax form 1099s as well. The myPay service provides a secure way for servicemembers, defense civilians, military retirees and annuitants to manage their pay account information. Available around the clock, customers can make changes online that previously needed to be made by visiting offices. Customers can also help the Department of Defense save money by volunteering to turn off the print copy of their leave and earnings statements and checking it online. The Defense Department can save up to 34 cents for each LES that is delivered electronically instead of in hard copy.

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Movies

Cost is \$3 per adult and \$1.50 for children 11 and under. Thursdays at 7 p.m. are free and Saturday matinees at 2 p.m. are \$1.
Luke Experience will perform “Murder Well Rehearsed” and “I Bring You Flowers” at Luke theater Tuesday, Wednesday and Thursday at 7 p.m.
For more information or for a movie schedule, e-mail lukeafbtheater@yahoo.com.



Today and Saturday at 7 p.m.
“**Star Trek: Nemesis**” (PG-13)
Starring Patrick Stewart, Jonathan Frakes, Brent Spiner, Levar Burton, Michael Dorn, Marina Sirtis, Ron Perlman, Gates McFadden and Kate Mulgrew.
The cast of “Star Trek: The Next Generation” returns on a diplomatic mission to initiate peace with the Romulans. But upon arrival to the alien planet, the crew is faced with a threat that could lead to the Earth’s destruction, and Picard meets his most dangerous adversary yet, a surprisingly personal nemesis. *(116 minutes)*



Today at 9:30 p.m. and Sunday at 6 p.m.
“**Empire**” (R)
Starring John Leguizamo, Peter Sarsgaard, Denise Richards, Sonia Braga and Isabella Rossellini.
Victor Rosa runs a street drug business that peddles a heroin mix he calls Empire. His fiancée, a college student, befriends a classmate with an investment-banker boyfriend who introduces Victor to a new life on Wallstreet and a chance to leave the violence of South Bronx. *(95 minutes)*



Saturday at 2 p.m.
“**Drumline**” (PG-13)
Starring Nick Cannon, Zoe Saldana, Orlando

Jones, Leonard Roberts, GQ, Jason Weaver, Earl Poitier and J. Anthony Brown.
Set against the high-energy, high-stakes world of show-style marching bands, Drumline is a fish-out-of-water comedy about a talented street drummer from Harlem who enrolls in a Southern university, expecting to lead its marching band’s drumline to victory. He initially flounders in his new world before realizing it takes more than talent to reach the top. *(119 minutes)*



Feb. 7 at 7 p.m.
“**Lord Of The Rings: The Two Towers**” (PG-13)
Starring Elijah Wood, Ian McKellen, Liv Tyler, Viggo Mortensen, Cate Blanchett, Billy Boyd, Dominic Monaghan and Hugo Weaving.
The second chapter in the J.R.R. Tolkien saga, the hobbits Frodo and Sam brave terrible dangers in an attempt to have the evil ring destroyed, while Aragorn, Legolas and their allies strive to rescue the abducted hobbits Pippin and Merry from the clutches of evil. The great wizard Gandalf also makes his miraculous return to aid in the struggle against the united towers of Saruman and Sauron. *(179 minutes)*

Driving down court ...



Master Sgt. Michael Burns

56th Communication Squadron's Vincent Bain drives past the 56th Mission Support Squadron's Edmundas Ladd, during a game Tuesday with the 56th MSS taking the win 49 to 39.

Team standings

As of Jan. 30					
Over-30 Basketball			Team	W	L
Team	W	L	56th SVS	6	3
56th EMS	5	0	56th SFS	4	5
56th MSS	5	0	56th COMM	3	5
56th COMM	4	0	56th EMS#3	3	6
56th CMS	3	1	607th ACS	2	7
944th FW	3	1	56th MSS	Forfieted out	
56th SFS	3	1	56th CPTS	Forfieted out	
607th ACS	2	3	National League		
56th CES	1	3	Flag Football		
56th LRS	1	4	Team	W	L
63rd AMU	0	4	63rd AMU	8	1
56th MDG	0	4	56th CMS	7	2
56th MOS	0	5	56th LRS	6	3
American League			56th EMS#1	6	3
Flag Football			309th AMU	5	4
Team	W	L	310th AMU	4	5
21st FS	9	0	56th EMS#2	3	6
56th MOS	8	1	56th CES	3	6
56th OSS	7	2	56th MDOS	3	6
			61st AMU	0	9

Sports Shorts

Varsity basketball

The Desert Classic basketball tournament opening ceremony is today at 9:45 a.m. Games will be played all day Saturday beginning at 7 a.m. and Sunday beginning at 9 a.m. at the base gym. For more information, call Tanya Vega, (623) 856-6241.

Varsity baseball

Baseball tryouts begin Feb. 8 at 2 p.m. at Westview High School. For more information, call Nico George (623) 521-0092.

Varsity volleyball

Anyone with interest is invited to join the varsity volleyball team. Practice is every Monday from 5 to 8 p.m. at the base gym. For more information, call Chad Ryan at (623) 856-7876.

Varsity soccer

The Luke soccer team will play Sunday at 12:30 p.m. against PlayAZ at the Tempe Sports Complex. For more information, call Guy Majkowski at (623) 856-4047.

T-ball, baseball registration

Parents can register children, ages 5 and 6, for T-ball; ages 7 and 8, for coach-pitch; ages 9 to 11, for machine-pitch; and youth, ages 12 to 14 for kid-pitch baseball at the youth center today through Feb. 14 from 2 to 6:30 p.m. For more information, call (623) 856-6225.

Play soccer

The varsity soccer team is looking for players. Practice is Tuesdays and Thursdays from 5:30 to 7 p.m. at the softball fields. For more information, call (623) 856-6241.

Read-to-bowl

Children, ages 6 to 12, can receive a certificate good for one free game of bowling for each book report they submit to the library staff on a book read at their appropriate age level. For more information, call (623) 856-6529.

Swimming lessons

The Luke aquatics program offers private swimming lessons to youth and adults at the Litchfield Park Pool. The cost is \$10 per person. For more information, call (623) 856-9334.

Bass tournament

The 78th Mission Support Group, Civilian Recreation Division, Robins AFB, Ga., is sponsoring the 2003 DOD bass tournament. The tournament will be at Goose Pond Colony, Lake Guntersville, Ala., from Mar. 31 to Apr. 4 and is open to all military, active, reserve, guard, retired and dependents age 16 to 23. For more information, contact Lynne Brackett at (478) 922-4415 or Lynne.Brackett@robins.af.mil.

Sports writers

The Thunderbolt staff is looking for sports writers from around base who would like to see their articles in the Thunderbolt. Those interested can contact Airman 1st Class Kara Philp at (623) 856-8182.

Youth swimming lessons

Youth, ages 6 months to 16 years, can sign up for swimming lessons at the Litchfield Park Recreation Center. Cost is \$15 per person for six one-half hour group sessions. Register at Outdoor Recreation, Bldg. 247. For more information, call (623) 856-9334.

Nautilus

Nautilus training is available by appointment at the fitness center Tuesdays at 9 a.m. and Thursdays at 3:30 p.m. For more information or to make an appointment, call (623) 856-6241.

Junior golf classes

Youth, ages 5 to 17, can learn golf from 2:30 to 4 p.m. Saturdays. Students will learn putting, chipping, pitching and full swings. The cost of \$50 for four sessions for beginners and \$65 for intermediate players includes range balls and green fees. Private lessons are \$35 each. The junior program offers a "Junior Golfer's First Training Book — A Parent's Guide to Teaching Their Junior." For more information, call (623) 535-8355.

Air time ...

Adam Larson, 56th Communication Squadron, hits a jump and performs a tail grab on his snowboard during some weekend time off at Flagstaff's Arizona Snow-bowl.



Airman 1st Class Jacob McCarthy

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